



FINAL TIME SCHEDULE 2026

Field Events

Time	Event	Division	Round	Advance
9:00am	Weight Throw	Women	Trials & Final	9
10:00am	Weight Throw	Men	Trials & Final	9
11:00am	Shot Put	Women	Trials & Final	9
12:00pm	Long Jump	Men	Trials & Final	9
12:00pm	Long Jump	Women	Trials & Final	9
12:00pm	Shot Put	Men	Trials & Final	9
12:30pm	High Jump	Women	Final	
1:15pm	Triple Jump	Men	Trials & Final	9
1:15pm	Triple Jump	Women	Trials & Final	9
1:45pm	High Jump	Men	Final	

Running Events

Time	Event	Division	Round	Advance
12:30pm	60 Meter Hurdles	Women	Semi-Final	8
12:40pm	60 Meter Hurdles	Men	Semi-Final	8
12:50pm	60 Meters	Women	Semi-Final	8
1:00pm	60 Meters	Men	Semi-Final	8
1:10pm	500 Meters	Women	Final	
1:20pm	500 Meters	Men	Final	
1:30pm	60 Meter Hurdles	Women	Final	
1:35pm	60 Meter Hurdles	Men	Final	
1:45pm	60 Meters	Women	Final	
1:50pm	60 Meters	Men	Final	
1:55pm	Mile	Women	Final	
2:00pm	Mile	Men	Final	
2:10pm	400 Meters	Women	Final (Sections against time)	
2:15pm	400 Meters	Men	Final (Sections against time)	
2:20pm	800 Meters	Women	Final (Sections against time)	
2:30pm	800 Meters	Men	Final (Sections against time)	
2:35pm	200 Meters	Women	Final (Sections against time)	
2:45pm	200 Meters	Men	Final (Sections against time)	
2:55pm	3000 Meters	Women	Final	
3:05pm	3000 Meters	Men	Final	